

20th Annual

# Catskill Mountain Road Relay

Sunday, August 14, 2011

6:00 - 8:00 am start times assigned by ability

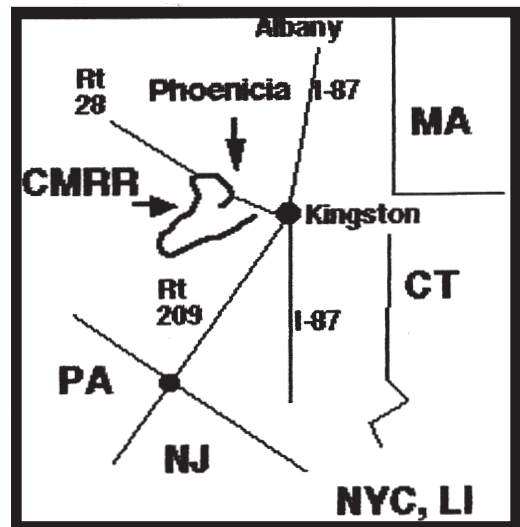
Sponsored by  
the **Sullivan Striders** and the



Create a SuperTeam! Ten people, each running a 10KM leg of this relay, can do this fun race together! Or have 5 people each run 20km!

Run relay-style along riverside roads through the mountains and valleys of the Catskill Forest Preserve to complete the spectacular 100KM (62 mile) scenic course.

- Rave reviews given by past participants!
- 100KM CMRR shirts to teams registered by Aug 1
- Showers and pool available for use after race
- Awards at Davis Park in West Shokan at finish
- RRCA sanctioned
- Start times of 6:00 to 8:00 AM will be assigned:  
Faster teams start at 8:00
- Entry fee: \$30 per runner postmarked by Aug 5
- Entries close on Aug 5



**Detailed race website:** [www.sullivanstriders.org/cmrr.htm](http://www.sullivanstriders.org/cmrr.htm)

**E-mail:** [CMRR-GeorgeShurter@sullivanstriders.org](mailto:CMRR-GeorgeShurter@sullivanstriders.org) (Phone: 845-386-9174) or [CMRR-BobHarris@sullivanstriders.org](mailto:CMRR-BobHarris@sullivanstriders.org)

This race is part of the **King & Queen of the Mountains Series**. See website above.

EARLY MARCH - CELEBRATE LIFE HALF MARATHON

LATE MARCH - WURTSBORO MOUNTAIN 30K ROAD RUN **MID AUGUST - 100K CMRR**

LATE APRIL - HUDSON VALLEY 15K

LATE SEPTEMBER - ROOSA GAP ROLLER COASTER (11.50 MILES)

Make check out to **Orange Runners Club**. Send with entry to: PO Box 2144, Middletown, NY 10940.

Team Name: \_\_\_\_\_

Team Captain: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_

Average 10km timer per teammate: \_\_\_\_\_ minutes.

Use team members best 10km times of the past year.

A Final Team Roster will be submitted on race day with signatures and contact info for all team members.

- Awards to the top teams in the following categories.
- Greater depth of awards in categories with more teams.

**Check a Category:**

**5 persons or less on a team:**

- All female
- Open (any age, either sex)
- Mixed; females run at least 4 of the legs
- Masters (all runners age 40 or older)

**6 - 10 person team category:**

- Superteam (6 - 10 persons)  
(Scored Separately from 5 person team race)

**SHIRT SIZES FOR YOUR TEAM:**

Mens:

\_\_\_\_\_ sm \_\_\_\_\_ med \_\_\_\_\_ large \_\_\_\_\_ xlarge

Women's (v-cut):

\_\_\_\_\_ sm \_\_\_\_\_ med \_\_\_\_\_ large \_\_\_\_\_ xlarge